

Trainee Strength and Conditioning Coach

ROLE DESCRIPTION

Primary purpose of position

The Strength and Conditioning Coach is primarily responsible for the physical fitness and well-being of the athletes in the SWSAS program. The Trainee Strength and Conditioning Coach will be involved in the planning, design, and implementation of the strength and conditioning program for the athletes of each nominated Academy Sports.

Organisational Context of Position

The South West Sydney Academy of Sport was established to provide talent development opportunities for identified athletes. To do this the Academy offers holistic programs which are focused on individual and coaching staff development.

Key responsibilities

1. Program Development and Delivery

- Contribute to the co-ordination of the delivery of the Academy sport program and its associated services.
- Assist with the implementation of talent ID and development programs that support the SWSAS scholarship program.
- Physical conditioning of identified squad athletes.
- Attend all programmed squad sessions, including training, competitions, and Athlete Education Program workshops.
- Assist with all aspects of the duty of care of athletes at all Academy activities.
- In consultation with medical professionals, monitor the process of rehabilitation for individual athletes.

2. Service Provision

- Contribute to the planning process which identifies appropriate support in sports science, athlete management, and sports medicine to ensure the physiological and psychological well-being of athletes.
- Assist in the delivery of a sport science testing program that is consistent with the protocols used by the state sporting body.

SOUTH WEST SYDNEY ACADEMY OF SPORT



Position Details

Position Title:

**Strength and Conditioning Coach -
Trainee**

Responsible to:

**SWSAS Head Strength and Conditioning
Coach**

SWSAS Sports Program Manager





Strength and Conditioning Coach

ROLE DESCRIPTION

SOUTH WEST SYDNEY ACADEMY OF SPORT

SWSAS

Academy Contact Details

Daniel Currinckx

Sports Program Manager at
South West Sydney Academy of Sport

e: daniel@swsas.org.au

p: 02 4627 7622

m: 0424 266 550

w: www.swsas.org.au

a: 2/298 Queen Street Campbelltown NSW

m: PO Box 307 Macarthur Square NSW

Training, Qualifications, and Experience

- Current first aid certificate
- Qualifications in personal training and / or strength and conditioning are preferred
- Qualifications in Exercise Sports Science is desired but not necessary
- Understanding of the application of support services to athletes, with a view towards improving performance
- Highly developed communication skills
- Preparedness to work within the Academy's guidelines is essential
- Willingness to further develop qualifications and S&C coaching skills

